


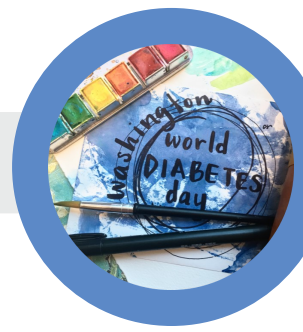




WEEK ONE

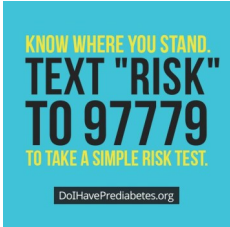


Introductory letter is sent to communicators. 3 posts on 3 separate days with at least one featuring diabetes awareness.

Platform	Content	Post Date	Person Responsible
Facebook, Twitter, Instagram	<p>Are you at risk for type 2 diabetes? Don't worry! The Diabetes Prevention Program is a proven way to prevent or delay type 2 diabetes. Find a program near you. https://bit.ly/2xDNbTS [Note: Use Washington 211 (win211.org) to identify local programs] #WDDWashington #PreventDiabetes</p> <p>Download Image:</p> 	10/29/2018	
	<p>Do you love cooking with your family around the holidays? Check out the @American Diabetes Association's Diabetes Food Hub for videos, recipes, meal planning resources, and more to make tasty meals your whole family will love! Link: www.diabetesfoodhub.org</p> <p>Download Image:</p> 	10/31/2018	
	<p>If type 2 diabetes runs in your family, take a minute to complete the Type 2 Diabetes Risk Test and learn about risk factors and steps to reduce your chances of developing #type2DM. Link: http://diabetes.org/risktest</p> <p>Download Image:</p> 	11/01/2018	



WEEK TWO




3 posts on 3 separate days. Posts on November 1st, 4th and/or 5th should feature **diabetes screening** and, if possible, include local diabetes education organizations.

Platform	Content	Post Date	Person Responsible
Facebook, Twitter, Instagram	<p>Around 685,000 Washingtonians have diabetes and almost 1 in 4 don't know it. Text "RISK" to 97779 to take a risk test. #WDDWashington #DiabetesAwareness doh.wa.gov/diabetes</p> <p>Download Image:</p> 	11/05/2018	
	<p>Do you have a family history of type 1 diabetes? Family members of people with #T1D are 15x more likely to develop the disease. @BenaroyaResearch offers a simple blood test screening program that can catch type 1. Learn more and see if you are eligible. www.benaroyaresearch.org/our-research/diabetes-clinical-research/overview</p> <p>Download Image:</p> 	11/07/2018	
	<p>#Diabetes is not a choice. Spread the word & share your story #ThisIsDiabetes #WDDWashington #LearnAboutDiabetes www.diabetes.org/diabetes-basics/myths</p> <p>Download Image:</p> 	11/09/2018	



WEEK THREE

3 posts on 3 separate days. On November 14th use 1st and 2nd message on this page or another of your choosing to commemorate World Diabetes Day.

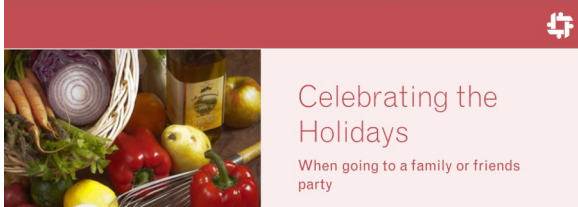
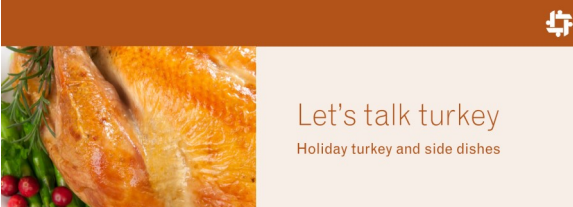

Platform	Content	Post Date	Person Responsible
	<p>We stand together to fight #diabetes! Learn about worlddiabetesday.org & share how you support people with diabetes. #WDDWashington</p> <p>Download Image:</p> 	11/14/2018	
Facebook, Twitter, Instagram	<p>Almost 2 million people have prediabetes in Washington. Are you one of them? Check your risk! #WDDWashington #DiabetesAwareness DolHavePrediabetes.org</p> <p>Download Image:</p> 	11/15/2018	
	<p>Do you have well-meaning family members who become the food police at the holidays (or are you that person yourself?) Check out this guide to navigating these tricky situations and keeping the family peace. #WDDWashington https://bit.ly/2ONh25V</p> <p>Download Image:</p> 	11/16/2018	





WEEK FOUR




3 posts on 3 separate days. Messages should contain information that could support healthy meals during the holidays.

Platform	Content	Post Date	Person Responsible
Facebook, Twitter, Instagram	<p>Healthy eating around the holidays can be a challenge, especially if you're eating away from home. Check out these tips from @NorthwestKidneyCenters for staying on track when you're at family or friends' houses! Celebrating the Holidays</p> <p>Download Image:</p> 	11/19/2018	
	<p>Thanksgiving is almost here, which means it's time to talk #turkey! Check out this document from @NorthwestKidneyCenters for info on buying and preparing a healthy turkey and tasty recipes too! Let's talk turkey</p> <p>Download Image:</p> 	11/20/2018	
	<p>Being active & eating healthy can manage #diabetes and prevent #Type2DM. What's one change you can make for WDDWashington? www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity</p> <p>Download Image:</p> 	11/22/2018	



WEEK FIVE

3 posts on 3 separate days. On November 30th utilize 3rd message from this page or create your own to thank community members for supporting WDDWashington campaign.

Platform	Content	Post Date	Person Responsible
Facebook, Twitter, Instagram	<p>Diabetes risk can run in families, but so can healthy lifestyle habits! #WDDWashington #PreventDiabetes https://www.cdc.gov/diabetes/managing/index.html</p> <p>Download Image:</p> 	11/26/2018	
	<p>Gestational diabetes affects as many as 7% of women during pregnancy. The @AmericanDiabetesAssociation recommends all pregnant women without #diabetes be screened between the 24th and 28th week. Learn more about risk factors, testing, and treatment for gestational diabetes. www.cdc.gov/diabetes/basics/gestational.html</p> <p>Download Image:</p> 	11/28/2018	
	<p>Thanks for supporting #WDDWashington. To find #diabetes resources near you, call 211 or visit win211.org #PreventDiabetes</p> <p>Download Image:</p> 	11/30/2018	

